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three rigid spacer members extending between said first inner surface and said second inner surface to form at least two cement cavities, and to non-movably hold said first and second metal plate members in parallel relationship with each other such that when said first and second metal plate members simultaneously contact a planar surface said first and second metal plate members are both perpendicularly oriented to said planar surface, and in a manner such that said first and second outer surfaces are spaced apart a predetermined spacing distance, said cement cavities being arranged to align with corresponding cement receiving cavities of conventional concrete blocks.

SubE4/ 37. An embeddable mounting device comprising:

D 2 a first rectangular metal plate member having a first inner surface, a first outer surface, a first length, a first width, and a first thickness;

a second rectangular metal plate member having a second inner surface, a second outer surface, a second length of a measurement equal to said first length, a second width of a measurement equal to said first width, and a second thickness; and

a pair of rigid spacer members extending between said first inner surface and said second inner surface in a manner to form at least one cement cavity between said first and second metal plate members, in a manner to hold said first and second metal plate members in parallel relationship with each other such that when said first and second metal plate members simultaneously contact a planar surface said first and second metal plate members are both perpendicularly oriented to said planar surface, and in a manner such that said first and second outer surfaces are spaced apart a predetermined spacing distance;

a reinforcing bar having a portion extending into said at least one of said cement cavities of said mounting device, such that when said mounting device is placed a top a first

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concrete block having a pair of conventional cement cavities and below a second concrete block having a pair of conventional cement cavities said reinforcing bar extends into at least one of said cement cavities of each of said first and second concrete blocks.

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46. A method of forming a mounting device for a concrete block wall,

comprising the steps of:

providing at least one embeddable mounting device comprising:

a first rectangular metal plate member having a first inner surface, a first outer surface, a first length, a first width, and a first thickness;

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a second rectangular metal plate member having a second inner surface, a second outer surface, a second length of a measurement equal to said first length, a second width of a measurement equal to said first width, and a second thickness; and

a pair of rigid spacer members extending between said first inner surface and said second inner surface in a manner to form at least one cement cavity between said first and second metal plate members, in a manner to hold said first and second metal plate members in parallel relationship with each other such that when said first and second metal plate members simultaneously contact a planar surface said first and second metal plate members are both perpendicularly oriented to said planar surface, and in a manner such that said first and second outer surfaces are spaced apart a predetermined spacing distance, said first and second rectangular metal plate members having peripheral edges with each of said spacer members being spaced inwardly from said peripheral edges;

installing said mounting device into said concrete block wall in place of a conventional concrete block; said mounting device being placed into said concrete block